



NI Workplace Health & Wellbeing Conference 2021



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Programme

DATE: Tuesday 30th November 2021

TIME: 8am – 12:30pm

VENUE: Canal Court Hotel & Spa, Newry

- 8:00am** Registration, Breakfast, Networking & Exhibition
- 9:00am** Conference Introduction by Emma Mullen-Marmion, President of Newry Chamber
- 9:10am** Welcome from Cllr Cathy Mason, Chairperson, Newry, Mourne & Down District Council
- 9:15am** Video Message from Minister of Health, Robin Swann MLA
- 9:20am** Strategic Context for Workplace Wellbeing
David Babington, CEO, Action Mental Health
- 9:30am** Population Health and Wellbeing, a High-Level Overview of Population Health in the Southern Area
Gerard Rocks, Assistant Director for Promoting Wellbeing,
Southern Health and Social Care Trust
- 9:40am** Creating a Culture of Positive Wellbeing
Rachael Power, Works Manager, Action Mental Health
- 10:00am** Forget Free Food & Wellness Days. It's Time to Get Strategic About Workplace Health
John Ryan, Founder & CEO, Healthy Place to Work
- 10:30am** Work Well Live Well: How to Invest in Employee Wellbeing Using an Evidence-based
Whole Workplace Approach
Emma McCrudden, Programme Manager, NI Chest Heart & Stroke
- 11:00am** Tea/Coffee, Networking & Exhibition sponsored by 
- 11:40am** Margaret McCloskey, Partnership Manager, Northern Ireland, Money & Pensions Service
How Can Money & Pensions Service (MaPS) Support my Business, in terms of a
Financial Wellbeing Strategy?
- 11:55am** You Are in Control of Your Emotional Health
Nicola Connolly-Byrne, Personal Empowerment Specialist
- 12:20pm** Conference wrap up and close, Emma Marmion-Mullen, President of Newry Chamber
- 12:30pm** Depart



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Nicola Connolly-Byrne, Personal Empowerment Specialist
You Are in Control of Your Emotional Health

A Personal Empowerment Specialist. She helps people pleasers find their confidence and voice so they can implement healthy boundaries and live life on their terms. Nicola's mission is to positively impact everyone she encounters and give as many people as possible her tools through, The Soulworks Programme, so that everyone can become their own Personal Empowerment Specialist.



John Ryan, Founder & CEO, Healthy Place to Work
Forget Free Food & Wellness Days. It's Time to Get Strategic About Workplace Health

Previously he led Great Place to Work in Ireland for ten years and supported other affiliates around the globe. A former broadcast journalist and expert trainer he is well regarded on the international speaking circuit and a regular media contributor on wellbeing, trust and organisational performance. John has been involved in a range of international transformation projects.



David Babington, CEO, Action Mental Health
Strategic Context for Workplace Wellbeing

AMH Chief Executive since 2010, BA (Hons), MA, FCIPD. David has had a varied career with previous experience in the private sector running his own company and as a consultant, working locally with the banking, property, consumer and retail sectors; he helped secure regional retail and infrastructure developments and encouraged major investors into Northern Ireland. He has also delivered regional outplacement programmes and has experience of leading and managing change in the public and voluntary sectors. He has experience of working in Europe, Africa and the Middle East delivering leadership development programmes with other agencies such as the World Bank. He is passionate about the mental health sector and has tried to unify the sector to ensure the best outcomes for clients.



Rachael Power, Works Manager, Action Mental Health
Creating a Culture of Positive Wellbeing Rachael Power

Rachael began her career as a teacher but then moved into education roles within the Charity Voluntary sector. She has gained a wealth of experience from working across many different areas of the sector including, homelessness, community development, good relations and social housing. Outside of work Rachael is an advocate for Mental Health and hosts a podcast called "And How Did That Make You Feel" where she interviews guests about their experiences in therapy and counselling to try and normalise talking openly about mental health. Rachael Power has recently been appointed as AMH Works Manager at Action Mental Health.





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Emma McCrudden, Programme Manager, NI Chest Heart & Stroke
Work Well Live Well: How to Invest in Employee Wellbeing Using an Evidence-based Whole Workplace Approach

A healthy workplace is one where employees and managers collaborate to continually improve the health, safety and wellbeing of all staff - but how can this be achieved? Emma explains the Work Well Live Well programme, with case study provided by Wood Innovations on how they have successfully invested in workplace health.



Margaret McCloskey, Partnership Manager, Northern Ireland, Money & Pensions Service
How Can Money & Pensions Service (MaPS) Support my Business, in terms of a Financial Wellbeing Strategy?

Money and Pensions Service's vision is "Everyone making the most of their money and pensions". We are an arm's length body, sponsored by the DWP, with a joint commitment to ensuring that people throughout the UK have guidance and access to the information they need to make effective financial decisions over their lifetime.



Gerard Rocks, Assistant Director for Promoting Wellbeing, Southern Health and Social Care Trust
Population Health and Wellbeing, a High-Level Overview of Population Health in the Southern Area

He provides leadership for the development of health and social wellbeing policy, strategy, service development and evidence-based delivery across the Trust, working in partnership with a broad range of community, voluntary and statutory sector partners. Gerard has worked in the area of Community Development and Health Improvement for over 25 years.

Exhibitors

Action Mental Health
Newry, Mourne and Down District Council
NI Chest Heart & Stroke
Healthy Place to Work
Money & Pensions Service (MaPS)
Southern Health and Social Care Trust
Menopause Wellbeing NI
Occupational Therapy NI
Federation of Small Businesses NI

